

MYFREEZEASY MEAL PLAN

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1. Coconut Curried Salmon {Keto}

Yield: 4 servings

Active Time: 15 minutes . Cook Time: 10 minutes

Recipe is written to make a single meal. Assembly Prep Directions & Shopping Lists will both contain directions and ingredients to make 2 meals, based on the number of servings you selected.

** This ingredient is used on the day you cook this meal. It is not added at the time you assemble and prepare your meals for the freezer.

Ingredients for Single Meal

- 1 - lb(s) salmon
- - Salt and pepper
- 2 - Tbsp red curry paste
- 1 - Tbsp olive oil
- 15 - oz. 15 oz. can(s) coconut milk
- 1/2 - tsp ground ginger**
- 1/2 - tsp crushed red pepper**
- Side: - cauliflower rice**
- Side: - veggies**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Season the salmon fillets with salt and pepper. Spread about 1-2 tsp of red curry paste onto the top side of each fillet.
2. Add the olive oil to a skillet, heat it up and roll it around to coat the bottom of the skillet. Place the salmon fillet 'red curry side down' into the oil and saute them for 3-4 minutes. Flip them over and then quickly pour in the coconut milk. Gently stir the coconut milk in and around the salmon, lifting the salmon so the coconut milk spreads under each of the fillets. Whisk in the ground ginger and crushed red pepper to the curry sauce.
3. Cook salmon for another 5-7 minutes, or until cooked through. Cooking time may vary depending on thickness of the fillets. Season curry sauce with salt and pepper to taste.
4. Prepare cauliflower rice as directed.
5. Prepare veggies.
6. Serve Coconut Curried Salmon with cauliflower rice and veggies.

Assembly Prep Directions for 2 Meals

Cut 2 lbs. salmon into 8 - 1/4 lb. fillets & remove skin.

To each gallon-size plastic freezer baggie, add the following ingredients:

- 1 lb. salmon, cut into 1/4 lb. pieces, skin removed
- Salt and pepper
- 2 Tbsp red curry paste, evenly divided onto each piece of salmon
- Note: Do NOT add the canned coconut milk or spices at this time.

Remove as much air as possible and seal. Add label to baggie and freeze.

Freeze & Thaw Instructions: *Put baggie in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a warm bowl of water for about 20 minutes, before transferring to the skillet and cooking as directed.*

Special Notes: *It's best to cook this salmon when it is completely thawed.*

Dairy-Free Modifications: *Recipe is dairy-free when served with dairy-free sides.*

Gluten-Free Modifications: *Recipe is gluten-free when served with gluten-free sides.*

2. Greek Chicken Bake

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 45 minutes

Recipe is written to make a single meal. Assembly Prep Directions & Shopping Lists will both contain directions and ingredients to make 2 meals, based on the number of servings you selected.

** This ingredient is used on the day you cook this meal. It is not added at the time you assemble and prepare your meals for the freezer.

Ingredients for Single Meal

- 4 - small boneless chicken breasts
- - Salt and pepper
- 2 - cup(s) cherry tomatoes
- 1 - cup(s) can(s) artichoke hearts
- 1 - cup(s) green olives
- 2 - Tbsp olive oil
- 2 - Tbsp lemon juice
- 2 - tsp minced garlic
- 2 - tsp dried oregano
- Garnish: - feta cheese crumbles**
- Side: - salad**
- 1 - 9x13 disposable foil tray(s)

Cooking Directions for Single Meal

1. Preheat the oven to 400 F.
2. Drain the artichoke hearts, pat dry, and then quarter them.
3. In a small mixing bowl, whisk together the olive oil, lemon juice, minced garlic and oregano.
4. Place the chicken breasts into a 9x13-inch baking dish and sprinkle with a little salt and pepper. Add the cherry tomatoes, quartered artichoke hearts and olives around the chicken pieces. Pour the lemon juice marinade over the top.
5. Bake in the preheated oven for 45 minutes, or until chicken is cooked through. Sprinkle Feta cheese crumbles onto warm chicken bake, so they soften up.
6. Prepare the salad.
7. Serve Greek Chicken Bake with salad.

Assembly Prep Directions for 2 Meals

In a small mixing bowl, whisk together the 4 Tbsp olive oil, 4 Tbsp lemon juice, 4 tsp minced garlic and 4 tsp oregano.

Drain 2 cups artichoke hearts, pat dry and then quarter them.

To each disposable foil tray, add the following ingredients:

- 4 small boneless chicken breasts
- Salt and pepper
- Half of the cherry tomatoes
- Half of the quartered artichoke hearts
- Half of the green olives
- Half of the prepared Greek lemon marinade

Cover tightly with foil or lid, add label to tray and freeze.

Freeze & Thaw Instructions: *Put tray in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a warm shallow dish of water for about 20 minutes, before transferring to the oven and baking as directed.*

Dairy-Free Modifications: *Omit the Feta cheese crumbles for dairy-free & Paleo meal.*

Gluten-Free Modifications: *Recipe is gluten-free when served with gluten-free sides.*

3. Italian Stuffed Zucchini Boats

Yield: 4 servings

Active Time: 15 minutes . Cook Time: 20 minutes

Recipe is written to make a single meal. Assembly Prep Directions & Shopping Lists will both contain directions and ingredients to make 2 meals, based on the number of servings you selected.

** This ingredient is used on the day you cook this meal. It is not added at the time you assemble and prepare your meals for the freezer.

Ingredients for Single Meal

- 4 - large zucchini
- 1 - lb(s) ground beef
- 1 - red bell pepper(s)
- 1 - Tbsp minced onion
- 1 - tsp garlic powder
- 2 - cup(s) marinara sauce
- - Salt and pepper
- 1 - cup(s) Parmesan cheese
- Garnish: - fresh basil**
- Side: - salad**
- 1 - 9x13 disposable foil tray(s)

Cooking Directions for Single Meal

1. Preheat the oven to 350 F.
2. Bring large pot of water to boiling. Slice the zucchini in half, lengthwise. Once boiling, place the zucchini flesh-side down into the boiling water and boil for 2 minutes. Remove and repeat until all zucchini halves are boiled. Place on paper towel to drain and pat dry. Using a melon baller or spoon, scoop out the flesh of the zucchini and place into baking dish.
3. Seed and chop the red bell pepper.
4. In a large skillet, brown the ground beef with the chopped red bell pepper, minced onion and garlic powder. Once browned, drain and then stir in the marinara sauce. Let simmer for a few minutes.
5. Spoon the beef sauce into the zucchinis and top with Parmesan cheese. Bake in the preheated oven for 15 to 20 minutes.
6. Prepare the salad.
7. Serve Italian Stuffed Zucchini Boats with basil garnish and side salad.

Assembly Prep Directions for 2 Meals

Seed and chop 2 red bell peppers.

Brown 2 lbs. ground beef with the chopped red bell peppers, 2 Tbsp minced onion and 2 tsp garlic powder. Drain and then stir in 4 cups marinara sauce.

Bring large pot of water to boiling. Slice the zucchini in half, lengthwise. Once boil, place the zucchini flesh-side down into the boiling water and boil for 2 minutes. Remove and repeat until all zucchini halves are boiled. Place on paper towel to drain and pat dry. Using a melon baller or spoon, scoop out the flesh of the zucchini and place into baking dish.

To each disposable tray, add the following ingredients:

- Boiled and dried zucchini
- Half of the beef-marinara sauce, divided evenly into each of the zucchini
- 1 cup Parmesan cheese, sprinkled on top

Cover with foil or lid, add label and freeze.

Freeze & Thaw Instructions: *Put tray in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a warm shallow dish of water for about 20 minutes, before transferring to the oven and baking as directed.*

Special Notes: *Omit the cheese for Paleo meal.*

Dairy-Free Modifications: *Omit the Parmesan cheese for dairy-free meal.*

Gluten-Free Modifications: *Recipe is gluten-free when served with gluten-free sides.*

Complete Shopping List by Recipe

1. Coconut Curried Salmon {Keto}

- 2 - lb(s) salmon
- Salt and pepper
- 4 - Tbsp red curry paste
- 2 - Tbsp olive oil
- 2x15 - oz. 15 oz. can(s) coconut milk
- 1 - tsp ground ginger
- 1 - tsp crushed red pepper
- cauliflower rice
- veggies
- 2 - gallon-size freezer baggie(s)

2. Greek Chicken Bake

- 8 - small boneless chicken breasts
- Salt and pepper
- 2x2 - cup(s) cherry tomatoes
- 2 - cup(s) can(s) artichoke hearts
- 2x1 - cup(s) green olives
- 4 - Tbsp olive oil
- 4 - Tbsp lemon juice
- 4 - tsp minced garlic
- 4 - tsp dried oregano
- feta cheese crumbles
- salad
- 2 - 9x13 disposable foil tray(s)

3. Italian Stuffed Zucchini Boats

- 8 - large zucchini
- 2 - lb(s) ground beef
- 2 - red bell pepper(s)
- 2 - Tbsp minced onion
- 2 - tsp garlic powder
- 4 - cup(s) marinara sauce
- Salt and pepper
- 1 - cup(s) Parmesan cheese
- fresh basil
- salad
- 2 - 9x13 disposable foil tray(s)

Complete Shopping List by Store Section/Category

Meat

- 2 lb(s) salmon
- 8 small boneless chicken breasts
- 2 lb(s) ground beef

Pantry Staples - Canned, Boxed

- 2x15 oz. 15 oz. can(s) coconut milk
- Side:** cauliflower rice
- 2 cup(s) can(s) artichoke hearts

Spices

- Salt and pepper
- 1 tsp ground ginger
- 1 tsp crushed red pepper
- 4 tsp minced garlic
- 4 tsp dried oregano
- 2 Tbsp minced onion
- 2 tsp garlic powder

Supplies

- Side:** 2 gallon-size freezer baggie(s)
- Side:** 4 9x13 disposable foil tray(s)

Produce

- Side:** veggies
- 2x2 cup(s) cherry tomatoes
- 2x1 cup(s) green olives
- 4 Tbsp lemon juice
- Side:** salad
- 8 large zucchini
- 2 red bell pepper(s)
- Side:** fresh basil

Sauces/Condiments

- 4 Tbsp red curry paste
- 6 Tbsp olive oil
- 4 cup(s) marinara sauce

Dairy/Frozen

- Garnish:** feta cheese crumbles
- Side:** 1 cup(s) Parmesan cheese

Freezer Meal Prep Day Shopping List by Recipe

Note: This shopping list doesn't include any side dish items like rice, dinner rolls, veggies or salad.

****In addition to a shopping list for prep day, this list could be used to help you organize ingredients on your counter before you begin preparing the meals for the freezer.**

1. Coconut Curried Salmon {Keto}

- 2 lb(s) salmon
- Salt and pepper
- 4 Tbsp red curry paste
- 2 Tbsp olive oil
- 2x15 oz. 15 oz. can(s) coconut milk
- 2 gallon-size freezer baggie(s)

2. Greek Chicken Bake

- 8 small boneless chicken breasts
- Salt and pepper
- 2x2 cup(s) cherry tomatoes
- 2 cup(s) can(s) artichoke hearts
- 2x1 cup(s) green olives
- 4 Tbsp olive oil
- 4 Tbsp lemon juice
- 4 tsp minced garlic
- 4 tsp dried oregano
- 2 9x13 disposable foil tray(s)

3. Italian Stuffed Zucchini Boats

- 8 large zucchini
- 2 lb(s) ground beef
- 2 red bell pepper(s)
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 4 cup(s) marinara sauce
- Salt and pepper
- 2 9x13 disposable foil tray(s)

Freezer Meal Prep Day Shopping List by Store Section/Category

Note: This shopping list doesn't include any side dish items like fruit, dinner rolls, veggies or salad.

Meat

- 2 lb(s) salmon
- 8 small boneless chicken breasts
- 2 lb(s) ground beef

Pantry Staples - Canned, Boxed

- 2x15 oz. 15 oz. can(s) coconut milk
- 2 cup(s) can(s) artichoke hearts

Spices

- Salt and pepper
- 4 tsp minced garlic
- 4 tsp dried oregano
- 2 Tbsp minced onion
- 2 tsp garlic powder

Supplies

- 2x gallon-size freezer baggie(s)
- 4x 9x13 disposable foil tray(s)

Produce

- 2x2 cup(s) cherry tomatoes
- 2x1 cup(s) green olives
- 4 Tbsp lemon juice
- 8 large zucchini
- 2 red bell pepper(s)

Sauces/Condiments

- 4 Tbsp red curry paste
- 6 Tbsp olive oil
- 4 cup(s) marinara sauce

Dairy/Frozen

- 2x cup(s) Parmesan cheese

Meal Assembly Instructions

- Label your bags/foil with printable labels or sharpie.
- Pull out all the ingredients into a central location or into stations.

Pre-Cook & Chop Instructions

- Bring large pot of water to boiling. Slice the zucchini in half, lengthwise. Once boil, place the zucchini flesh-side down into the boiling water and boil for 2 minutes. Remove and repeat until all zucchini halves are boiled. Place on paper towel to drain and pat dry. Using a melon baller or spoon, scoop out the flesh of the zucchini and place into baking dish.
- Brown 2 lbs. ground beef with the chopped red bell peppers, 2 Tbsp minced onion and 2 tsp garlic powder. Drain and then stir in 4 cups marinara sauce.
- Cut 2 lbs. salmon into 8 - 1/4 lb. fillets & remove skin.
- Drain 2 cups artichoke hearts, pat dry and then quarter them.
- In a small mixing bowl, whisk together the 4 Tbsp olive oil, 4 Tbsp lemon juice, 4 tsp minced garlic and 4 tsp oregano.
- Seed and chop 2 red bell peppers.

The Assembly Prep should take between 30 to 35 minutes.

Assembly by Recipe (Set Out on the Counter)

If you prefer to load your freezer baggies and trays one recipe at a time, you can follow the below instructions.

Coconut Curried Salmon {Keto}

To each gallon-size plastic freezer baggie, add the following ingredients:

- 1 lb. salmon, cut into 1/4 lb. pieces, skin removed
- Salt and pepper
- 2 Tbsp red curry paste, evenly divided onto each piece of salmon
- Note: Do NOT add the canned coconut milk or spices at this time.

Remove as much air as possible and seal. Add label to baggie and freeze.

Italian Stuffed Zucchini Boats

To each disposable tray, add the following ingredients:

- Boiled and dried zucchini
- Half of the beef-marinara sauce, divided evenly into each of the zucchini
- 1 cup Parmesan cheese, sprinkled on top

Cover with foil or lid, add label and freeze.

Greek Chicken Bake

To each disposable foil tray, add the following ingredients:

- 4 small boneless chicken breasts
- Salt and pepper
- Half of the cherry tomatoes
- Half of the quartered artichoke hearts
- Half of the green olives
- Half of the prepared Greek lemon marinade

Cover tightly with foil or lid, add label to tray and freeze.